

### **Abstract**

A device to irradiate a user's eyes comprising: a translucent shield in the form of glasses applied over a user's eyes, said shield blocking the portion of ambient light outside the blue-green color spectrum; a LED source of dim intensity colored light within the shield which irradiates the eye with diffused light; and means for oscillating the LED source to alert the user when to inhale and when to exhale, and/or meditate.